



Friendship Heights

VILLAGE NEWS

OCTOBER 2019

VOLUME 35, NO. 10 www.friendshipheightsmd.gov

301-656-2797



Children's Halloween Party, see page 4.

Take an autumn trip to Virginia's Shenandoah Valley

Explore the beauty of the Shenandoah Valley in the fall when we travel to Winchester, Va., on **Tuesday, Oct. 22**. Our day in picturesque apple country features lunch at a historic inn, a stroll through exquisite gardens and an elegant 18th-century home, and a guided tour at the Museum of the Shenandoah Valley. No trip to Virginia in the fall would

be complete without a visit to a roadside fruit stand, so we'll make a stop during our trip.

We'll depart from the Village Center at 9:45 a.m. and take in the fall foliage en route to the Wayside Inn. Nestled in the beautiful Shenandoah Valley in Middletown, Va., the Wayside Inn has offered dining and accommodations since 1797.

Continued on page 5, see Winchester



Festival serves up hot Q and cool tunes

Welcome autumn with Red, Hot and Blue BBQ and cool music

Village residents are invited to welcome the arrival of autumn when the Village Council hosts its annual Fall Festival on **Thursday, Oct. 17, from 6:30 to 8 p.m.**, at the Village Center.

Our buffet menu for the evening includes a variety of delectable dishes from Red, Hot and Blue Barbeque, including pulled barbeque chicken, beef brisket, cole slaw, green beans,

macaroni and cheese, rolls, cornbread muffins, and lots of barbeque sauce. We'll also have an autumn-inspired dessert.

After dinner enjoy the blues, jazz and Americana of the Bill Baker Band. Don't miss the chance to get together with family and friends for great food and music. It's an evening guaranteed to chase away the autumn chill!

Pop-Up Artisan Shop

Annual artisan fair returns to the Village Center in November

Our Pop-Up Artisan Shop appears for only a short time at the Village Center **Friday, Nov. 1 and Saturday, Nov. 2**.

There will be a broad range of items for purchase, including pottery, wooden bowls and gifts, textiles, clothing, children's books, metal, stone and beaded jewelry, paintings, ornaments, notecards, holiday items, and more.

Highlighting the talents of local artists, all items must be handcrafted. Artists with unique work and a Maryland SUT permit may call Anne O'Neil at 301-656-2797 for information about applying to participate.

The festivities begin Friday with a reception from 5:30 to 8 p.m. Enjoy light snacks while shopping. The fair continues Saturday, from 10 a.m. to 4 p.m. Food concessions will be available Saturday. There is no admission fee.

Local and state officials host senior issues forum, see page 2.



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Addressing senior issues on local and state levels

State Senator Susan Lee, State Delegates Ariana Kelly, Marc Korman, and Sara Love, and Montgomery County Council member Andrew Friedson will host a Senior Forum on **Wednesday, Nov. 6, from 9:30 to 11:30 a.m.** at the Village Center.

Topics they will tackle include prioritizing your wellness, identifying scams and fraud, and locating state and local resources.

Sign up at the Village Center or by calling 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Shuttle bus contractor to present concept for new buses to Council

Our shuttle bus contractor, RMA, will be at the Village Council meeting on **Tuesday, October 15**, to present a concept for providing new buses for the route. The contractor is proposing to provide two new Ford



The 2019 Ford Champion 550 LF Transport shuttle bus.

Champion 550 LF Transport buses, which would be low-floor kneeling buses, smaller than the current bus.

Over the past ten years we have been using a large “main bus” and smaller back-up buses. Having two main buses should provide a consistency that has been lacking. Both buses will be marked as Friendship Heights shuttles. While smaller in capacity than our present primary bus, the contractor has determined that the number of seats will be sufficient.

The buses will also mark a return to gasoline engines. While historically a diesel engine has been better suited to stop and start use, apparently gasoline engines have evolved over the years. The buses should be quieter and also cleaner running.

If the concept is approved by the Council, we will go out for bid on the contract. Since there is a considerable lead time when ordering new buses, the current contract, which expires in February 2020, will have to be extended for a period of time.

County to install pedestrian signal at Willard Avenue crosswalk

The Montgomery County Department of Transportation has approved a plan to install a pedestrian-activated signal on Willard Avenue at the crosswalk near the intersection with The Hills Plaza and close to Whole Foods.

The HAWK signal (high-intensity activated crosswalk) is a traffic signal that remains dark until a pedestrian presses the signal’s push button. The button then activates a flashing yellow signal to alert approaching cars that a pedestrian is present and that they should be prepared to stop for pedestrians in the crosswalk. The flashing yellow is followed in sequence by a solid yellow display and then by a solid red. The red signal requires



A pedestrian-activated HAWK signal in Montgomery County.

drivers to stop at the pavement stop line. Pedestrians can cross when the walk signal is shown on the display visible to them. The County expects to have the signal installed in late fall or early winter.

Council to hold public work session on aging in place

At the request of Council member Kathy Cooper, the Council will hold a work session on **Monday, October 28 at 5:30 p.m.**, to discuss “Aging in Place: Are We Ready?” Ms. Cooper would like to begin a conversation on the Village’s aging demographics; what the Village is already doing to serve our senior residents; what additional needs they have and how can we meet them; and, how we can make “Family Friendly and Aging Ready” an attractive selling tool for potential residents. The meeting is open to the public.

Prescription drug take-back day

The Village is once again participating in National Drug Take-Back Day on **Saturday, October 26, from 10 a.m. to 2 p.m.** A Montgomery County Police officer will be in the Village Center lobby to collect and safely dispose of your unwanted or expired prescription drugs.

Shred-it returns

The shredding truck will be back in the Village on **Thursday, October 24, from 5 to 7 p.m.** This service is for residents only.



Action taken at the September 9 Council meeting:

- Approved proposal from Adirondack Tree Experts for removing and pruning street trees.

The next Council meeting, open to the public, will be Tuesday, October 15, at 7:30 p.m. at the Village Center (note the meeting is on a Tuesday due to the Columbus Day holiday).

Acclaimed actor pens story of Indian American boy growing up gay

Award-winning actor and humanitarian Maulik Pancholy will read from and sign his debut novel, *"The Best At It"* on **Monday, Nov. 4, at 7 p.m.** at the Village Center.



In his novel, Pancholy combines his personal experience of growing up gay and Indian American in the Midwest, with his anti-bullying campaign to create an empowering and touching story about seventh-grader Rahul Kapoor finding his way in small-town Indiana. His grandfather gives him some well-meaning advice: Find one thing you're really good at and become the BEST at it. . . . But what if he discovers he isn't the best at anything?

Pancholy's television work also includes *"30 Rock," "Whitney," "Web Therapy," "Elementary," "Friends from College," "The Good Wife," "The Comeback," "The Sopranos"* and *"Law & Order: Criminal Intent."* He is also the voice of Baljeet on the Emmy Award-winning animated series *"Phineas and Ferb"* and of Sanjay on *"Sanjay and Craig."*

Copies of *"The Best At It"* will be available for purchase.

Please call the Village Center at 301-656-2797 if you plan to attend.



It's a spooky good time for kids

The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, up to 10 years old, on **Friday, Oct. 25, from 6:30 to 8:30 p.m.**

There will be Halloween games, refreshments and a few fright-filled activities. Children are encouraged to come in costume.

Admission is free, but pre-registration is required for all attendees.

We cannot accommodate walk-ins. Children must be accompanied by a parent or guardian. Sign up at the Village Center by Wednesday, Oct. 23. For details or to volunteer, contact Anne O'Neil at 301-656-2797. *Pizza and treats are for children only, please.*

The Village Book Club will meet on **Tuesday, Oct. 15, at 11 a.m.** The book selection is *"Wild Fire"* by Ann Cleves. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Looking ahead: The November book selection will be "The Gene" by Siddhartha Mukherjee.

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ON THE GO

Winchester, continued from page 1

It is the oldest and longest continuously run inn in the United States. The oldest part "Summer Kitchen" was built as a waystation and stagecoach stop in 1742 along with the well that watered the town.

Our lunch will be chicken pot pie, salad, and dessert. Coffee, tea, or iced tea will also be served. Let us know at sign up if you would like a vegetarian option.

After lunch, we'll stop by Richard's Fruit Market, the oldest "country classic" open-air farmers market conveniently located on the Richard's fifth generation family farm (est. 1878). You can purchase an array of autumnal goodies, baked goods, and even wine!

In Winchester, we'll take a guided tour of the Museum of the Shenandoah Valley. Through fine and decorative arts collection and multimedia presentations, Museum of the Shenandoah Valley reflects the region's cultural history. The museum is also home to fascinating furnished miniature houses and rooms by R. Lee Taylor, the museum's late curator of gardens. The Glen Burnie House and gardens, adjacent to the museum, are a gracious walk through the 18th and 19th centuries.

We should return to the Village Center by 7:30 p.m.

The cost of the trip, which includes round-trip transportation, is \$109.

Residents may sign up immediately; nonresidents may sign up beginning Oct. 6.

There are 29 spaces available.

A spooky way to spend Halloween afternoon

Get into the spirit of the season when celebrated storyteller Jane Dorfman brings bone-chilling tales for adults and teens to the Village Center on **Thursday, Oct. 31, at 2 p.m.**

A seasoned teller, Dorfman has entertained audiences at the Hans Christian Andersen Statue in Central Park, The Smithsonian, The Washington Folk Festival, at Montgomery College and the University of Maryland and at festivals and schools. She has appeared at the Village Center frequently, most recently telling Irish tales last March.

This event is free, but please call the Village Center at 301-656-2797, if you plan to attend. We'll have a few treats, but you don't need to be in costume to attend!



One-day Ceramic Workshop With Natalia Kormeluk

Learn to create and decorate small- and medium-sized plates in white stoneware clay during a one-day ceramic workshop on **Saturday, Nov. 9, from 10 a.m. to 2 p.m.** at the Village Center.

Instructor Natalia Kormeluk is a former pottery instructor and studio arts chair at the Field School and is a frequent exhibitor and vendor at our annual artisan fair. During the class, each participant will create several plates using slabs created in class and then decorate each using slip methods and textures. Completed work will be glazed and delivered to the Village Center for pick-up two weeks later. The cost of the workshop, which includes materials and firing, is \$30 for residents and \$35 for nonresidents. Registration is limited to 10 participants.

To sign up, stop by the Village Center. For information, call 301-656-2797.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Oct. 3, 7 p.m.—Movie—

"Breakthrough"—Tragedy strikes when Joyce Smith's adopted son, John, falls through the ice on a frozen lake in Missouri. Trapped underwater for more than 15 minutes, rescuers bring John back to the surface and rush him to the nearest hospital. While doctors fear the worst, the 14-year-old boy continues to fight for his life as Joyce, her husband and their pastor stay by his bedside and pray for a miracle. Rated PG. Running Time: 90 minutes.



Thursday, Oct. 10, 7 p.m.—Movie—"Bottom of the

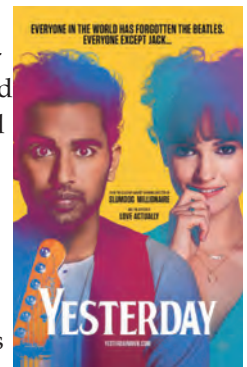
Ninth"—Real-life married couple Joe Manganiello and Sofia Vergara star in this redemption story about a middle-aged man trying to get his life back after serving 17 years in prison. Sonny Stano is a young man from the Bronx with a promising baseball career when he accidentally kills someone in a street fight. He is convicted of manslaughter and sent away to prison. The 17-year sentence takes him far away from the game he loves and separates him from the young woman he loves. When he leaves prison, the ex-con has a hard time thinking of himself as anything but a loser. Nevertheless, he pursues a job in baseball. A former coach hires Stano as an assistant for a fictional Yankees farm team in Staten Island. Stano proves himself worthy of the job. He and his former girlfriend slowly rekindle their old romance. Some critics have called the plot "a return to Field of Dreams." Rated R. Running time: 111 minutes.

Thursday, Oct. 17, Fall Festival, 6:30—8 p.m.

Thursday, Oct. 24, 7 p.m.—Movie—"Yesterday"—

Himesh Patel plays Jack, a struggling singer/musician in a tiny English seaside town. His best friend/love interest is played by Lily James. As time goes by, Jack is increasingly discouraged with his life's prospects. When a freak bus accident causes a mysterious global blackout, the world shifts. Jack wakes up and discovers that the Beatles never existed. Yesterday, everyone knew the Beatles; today, only Jack remembers their songs. Jack is catapulted to superstardom by plagiarizing Beatle songs. He ultimately must decide between living a lie or pursuing the woman he loves.

Ed Sheeran plays a fictional version of himself in this romantic-comedy-fantasy. Beatles fans will enjoy the music and its reinterpretation in this movie. Rated PG-13. Running time: 112 minutes.



Thursday, Oct. 31, 7 p.m.—Movie—

"Hotel Transylvania"—In honor of Halloween, we are screening this animated family comedy. Count Dracula's 5-stake resort is a place where monsters and their families can frolic, far away from scary humans. He built the place in 1895 after his wife died. To celebrate his daughter Mavis's 118th birthday, overprotective Dracula invites all his friends: Werewolf, Mummy, Frankenstein, Invisible Man, Bigfoot etc. A conflict arises when Jonathan (played by Andy Samberg), a 21-year-old ordinary guy, wanders from the forest onto the hotel grounds. Dracula is terrified that his guests will find out the human is in the hotel, which would jeopardize his business and reputation. Of course, Mavis and Jonathan fall for each other, despite Count Dracula's attempts to subvert their romance. Adam Sandler, Kevin James, David Spade, Selena Gomez, and Molly Shannon headline an all star comedic cast. The movie was nominated for a Golden Globe Award for Best Animated Feature. Rated PG. Running time: 91 minutes.

Tuesday mornings mean Toddler Tunes with Marsha

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on **Tuesday, Oct. 8, and Tuesday, Oct. 22, at 10 a.m., at the Village Center.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get you singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited! Call the Village Center at 301-656-2797 for details.

ART and CULTURE

Photography, paintings, prints and sumi-e featured in October show

October will feature a semi-solo show featuring the photographic art of Llewellyn Berry, with guest artists Carolyn Jackson Sahni, Michael Anthony Brown and Duane Winfield.

A native Washingtonian, Berry has been a practicing photographer since 1968 and a photography instructor since 1970. He has exhibited in and around the Washington, D.C., Maryland and Virginia area since 1970 and taught photographic arts and photojournalism in the Literary Arts and Media Programs, (founded the Urban Journalism Workshop); the Lemuel Penn Center and the Duke Ellington School of the Arts, and children's and adult photography classes at the Village Center.

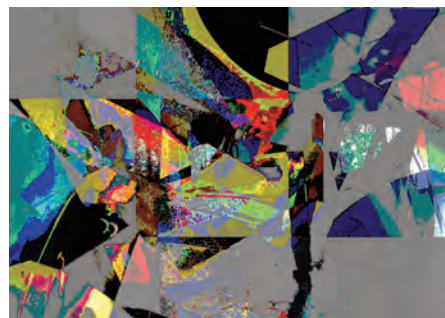
Carolyn Jackson Sahni is a Sumi-e Society artist and curates the National Capital Area Chapter of the Sumi-e Society of America's annual exhibit in the Friendship Gallery.

Michael Anthony Brown is an internationally known painter and sculptor, who along with Sahni, has also shown in the Friendship Gallery in recent years in Common Bond

African American History exhibits.

Duane Winfield, a photographer and printmaker, was a student in Lew's photojournalism class at Penn Center in the 1970s. He too has shown in recent exhibits in the Friendship Gallery. Meet the artists at a reception on **Sunday, Oct. 13 from 11:30 a.m. to 1 p.m.** The exhibit runs from Oct. 7 to Nov. 2, 2019.

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Abstract Photography by Llewellyn Berry



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Friendship Heights
Village Center



Calendar
of Events 2019

OCTOBER							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Smile, breathe and laugh along with other seniors and toddlers too as Tonya Walton brings an intergenerational exercise program to the Village Center. Join us on Tuesday, Oct. 15, from 10:30 to 11:30 for Tonya’s Tots and Seniors. This gentle exercise intergenerational program is guaranteed to make you smile! No need to sign up, just stop in!		1 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates	2 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 1–4 p.m.: Flu Shots 7 p.m.: Concert: Christiana Drapkin	3 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Breakthrough	4 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	5 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 11 a.m.–1 p.m.: Fused Glass Workshop	
	6 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	7 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 3 p.m.: Concert with John Eaton	8 8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates	9 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 11 a.m.: Chair Exercise 12 p.m.: Chess No Concert	10 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 5:30 p.m.: Community Advisory Committee Meeting 7 p.m.: Movie: Bottom of the Ninth	11 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	12 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 12–1 p.m.: Lunchtime Lessons: Great Courses DVD: Washington, the White House and the Presidency
	13 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1 p.m.: Art Reception	14 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Center Open 9 a.m.–2 p.m.	15 8:15 a.m.: Walking Club 10:30 a.m.: Tonya’s Tots and Seniors 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7:30 p.m.: Friendship Heights Village Council Meeting	16 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: Suburban Lecture: Staying firm on you feet 1 p.m.: All in the Eyes 7 p.m.: Concert: Mini-Musicals:The Music Man	17 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 6:30 to 8 p.m.: Fall Festival	18 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	19 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 12–1 p.m.: Lunchtime Lessons: Great Courses DVD: The Supreme Court and the Legislature
	20 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	21 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	22 8:15 a.m.: Walking Club 9:45 a.m.: Depart for Winchester 10 a.m.: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates	23 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m. Concert: TRDuo	24 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 12–1 p.m.: Vision Resource Lunch and Learn 4–5:30 p.m.: Spanish Conversation 5–7 p.m.: Shred-It Truck 7 p.m.: Movie: Yesterday	25 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 6:30–8:30 p.m.: Children’s Halloween Party	26 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 10 a.m.–2 p.m.: Drug Take-Back Day
	27 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	28 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 5:30 p.m.: Council Public Work Session on Aging in Place 6:30–8:30 p.m.: Monday Mountain Music Jam	29 8:15 a.m.: Walking Club 10 a.m.- 12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates	30 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m. Concert: Magician Michael Taggart	31 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 2 p.m.: Adult Halloween Stories with Jane Dolkart 7 p.m.: Movie: Hotel Transylvania		

Shuttle bus hours



Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours	
Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

Take a video tour of Washington, D.C., with
Lunchtime Lessons by Great Courses

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C. on **Saturday, Oct. 12, and Saturday, Oct. 19, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

Saturday, Oct. 12, the DVDs feature Smithsonian Distinguished Scholar Richard Kurin presenting “How Washington D.C. came to be,” and “The White House and the Presidency.”

On **Saturday, Oct. 19,** the DVD presents Dr. Kurin as he covers “The Capitol Building and the Legislature,” and “The Supreme Court and the Law of the Land.” We’ll provide a drink and something sweet. Please call 301-656-2797 to RSVP.



CLASSES AND CLUBS

PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Oct. 4–Dec. 13. Class will not meet on Nov. 29. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Oct. 30–Dec. 11. Class will not meet on Nov. 27. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Oct. 1–Nov. 6. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$65 for residents; \$75 for nonresidents. Minimum number of students is eight;

maximum is ten.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Oct. 3–Dec. 19. Class will not meet on Oct. 17 nor Nov. 28. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight. Group will not meet Oct. 17.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Oct. 22–Nov. 26. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Oct. 25–Dec. 13. Class will not meet on Nov. 15 nor Nov. 29. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Oct. 23–Dec. 4. Class will not meet Nov. 6. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Oct. 21–Nov. 25. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Oct. 23–Dec. 4. Class will not meet Nov. 6. Taught by internationally recognized Master

Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Oct. 22–Nov. 26. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Oct. 24–Dec. 5. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents. Class will not meet on Nov. 28.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Oct. 28–Dec. 9. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Oct. 14.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., Sept. 15–Nov. 3. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$115 for residents; \$128 for nonresidents.

ART WORKSHOP

FUSED GLASS

Make and take home a beautiful fused glass dish or suncatcher. Saturday, Oct. 5, from 11 a.m. to 1 p.m. Taught by Eileen Martin of Martin Glass Creations. \$25 for residents; \$30 for nonresidents. See page 14 for details.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

MONDAY EVENING BRIDGE GROUP

A new bridge group will begin meeting on Monday evenings. Each session will involve a short lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. The target audiences are intermediate players who wish to improve their skills, plus novices who wish to learn the game. Life Masters—probably not. All necessary supplies will be provided. Just bring your brains. Free. The session will begin Oct. 7, 6:30 to 8:30 p.m., and will continue on successive Monday evenings as long as interest remains. Group will not meet Oct. 14. Simply show up; reservations are not necessary. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

Continued on page 14, see Classes



CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall of the Village Center.

Wednesday, Oct. 2—Christiana Drapkin—Jazz vocalist Christiana Drapkin is deeply immersed in the rich traditions of Billie Holiday, Ella Fitzgerald and Carmen McRae, as well as in the vocal reworks of Anita O'Day and Annie Ross. She is known for her improvisation and harmonic development of jazz standards, carrying on and developing the tradition of bebop and musicians like Charlie Parker, Lester Young, Thelonious Monk, Lennie Tristano and Dizzy Gillespie. Her lyrical and highly personal style is evident in her ballad singing and her abandoned, yet artful, scat improvisations. Drapkin has performed on the East Coast for more than 20 years, appearing on the Kennedy Center Millennium Stage, at Blues Alley and other local clubs. Originally from Germany, she came to the United States as a Fulbright exchange student in theater and studied in New Orleans, where she was immediately exposed to jazz. The theme for her performance this evening will be Autumn Leaves.

Wednesday, Oct. 9—No Concert

Wednesday, Oct. 16—Mini-Musicals on the Move: "The Music Man"— Friends in suburban Washington, D.C., created Mini-Musicals on the Move as a labor of love in 2008. Thus was born "living room-sized" staging of classic Broadway shows, performed for friends and neighbors. The group has evolved beyond living rooms and now perform in public venues. The actors and singers bring mini-musicals to audience members that may no longer be able to travel to Broadway to see their favorite shows. Since 2008, Mini-Musicals on the Move has performed "West Side Story," "Guys and Dolls," "Oklahoma," "Mary Poppins" and more. Audience members are encouraged to sing along with the performers as they showcase the lively and beautiful music of the The Music Man., which earned a Tony for Best Musical in 1957. Some well-known songs include "Till There was You," "Seventy-Six Trombones," and "(Ya Got) Trouble."

Wednesday, Oct. 23—TR2Duo (Timothy Roberts and son)—Relatively new to the world of classical music, the saxophone is one of our most misunderstood modern wind instruments. Shenandoah Conservatory's Professor of Saxophone Timothy Roberts and his son Charles form

the R2Duo to perform a program of saxophone and piano duets from the 19th, 20th, and 21st centuries that feature what is most beautiful about the instrument. The program will feature works from Gabrielle Pierne, Jules Dresser and more.

Wednesday, Oct. 30—Magician Michael Taggart—Magician Michael Taggart has performed thousands of times for audiences throughout the United States and Europe. He has delighted audiences from tots to seniors with a combination of comedy, tricks, and illusions.

Looking ahead: Nov. 6—Eddie Sanders

An afternoon performance by John Eaton

The inimitable John Eaton presents "Broadway, Blues and Jazz III" featuring favorites from the Great American Songbook on **Monday, Oct. 7, at 3 p.m.**, at the Village Center.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton, is considered one of the foremost interpreters of American music. From jazz clubs to the White House, Eaton has performed for more than 30 years.

The concert is free, but please call the Village Center at 301-656-2797 if you plan to attend.



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TO YOUR HEALTH

Staying firm on your feet

Balance is complex and includes touch, vision, and vestibular function. A physical therapist from Suburban Hospital will keep you on your toes while sharing tips to improve your balance and avoid possible falls. Learn specifics about diagnoses on related injuries and rehabilitation during this month's Suburban Lecture on **Wednesday, Oct. 16, from 1 to 2 p.m.**, at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Vision Resource Lunch and Learn

Keep your eyes healthy as the leaves begin to fall

Don't put away your sunglasses. Just because summer is over and the temperature is gradually dropping, it doesn't mean the sun is off duty. Sunglasses are necessary all four seasons of the year to help protect your eyes from those harmful, vision damaging UV rays. Autumn eye care is on the agenda for this month's Vision Resource Lunch and Learn on **Thursday, Oct. 24, from 12 to 1 p.m.** at the Village Center.

Topics such as dry eye, night glare (as we change over to Daylight's Savings Time), addressing eye issues and seasonal allergies, and other issues common during autumn will be addressed.

The event is free and lunch will be served. Please call the Village Center at 301-656-2797 so that we know how many to expect.



Canasta anyone?

Are you interested in joining a group to play Canasta once a week at the Village Center. If so, please call the Village Center at 301-656-2797 to let us know what days and times you would like to play.

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SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month, 3 to 4 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton will offer an intergenerational program that brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver. See calendar for details.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN

The Vision Resource Lunch and Learn meets the fourth Thursday of the month from 12 to 1 p.m. See page 13 for details.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340 for details.

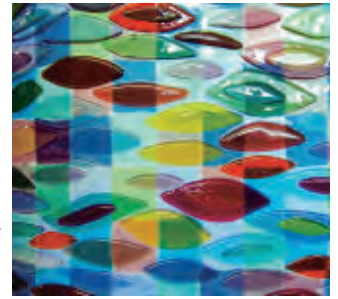
YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Fused glass fun workshop

Make a lovely fused glass project in just a few hours during a weekend workshop in October.

Eileen Martin of Martin Glass Creations will host this workshop on **Saturday, Oct. 5, from 11 a.m. to 1 p.m.** at the Village Center.



During the two hours, enjoy a slide show and discussion of cold, warm, and hot glass, then learn how to cut glass and work with different types of glass. The mosaic technique will be shown. You'll also be instructed on the basics of glass volume, compatibility, and temperature.

The cost of the workshop, which includes instruction, materials, and firing, is \$25 per student for residents. Nonresidents pay \$30 per person. This class is designed for ages 16 and older. Sign up at the Village Center immediately. Space is limited.

For information, call 301-656-2797.

Don't forget to get a flu shot!

Just a friendly reminder to those who have signed up to receive a flu shot at the Village Center. Giant Supermarket Pharmacy will administer flu shots at the Center on **Wednesday, Oct. 2, from 1 to 4 p.m.**



You must have an appointment to receive a shot. If you do not have an appointment, you may call the Village Center at 301-656-2797 to check availability.

There is no charge for individuals with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage), but you must bring your card with a current identification number and matching address.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

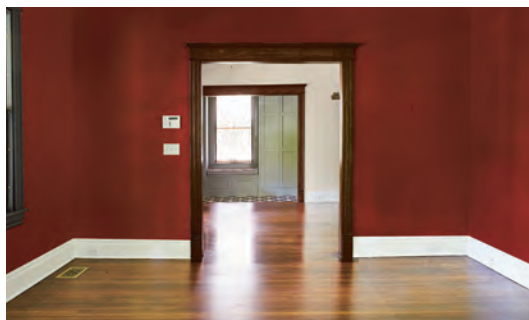
- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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Tapping into country's roots

The most recent Ken Burns documentary has shined a light on the roots and branches of country music. Join us as we explore one of those roots with our monthly Mountain Music Jam on **Monday, Oct. 28, from 6:30 to 8:30 p.m., at the Village Center.**

This informal music gathering invites you to jump right into the jam if you know basic chords in different keys. Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome.

Or just come to listen and enjoy as the musicians gather to make great sounds together.

Whether you're picking with the musicians or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.

There's a little magic in this Halloween happening

Join us for a special Wednesday night concert featuring magician Michael Taggart on **Wednesday, Oct. 30, at 7 p.m., at the Village Center.**

This Virginia-based magician brings his award-winning show to Friendship Heights for an evening of fun featuring comedy, tricks and illusions for all ages.



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
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October 2019 events calendar